| 400 |   | 100 |  | 400.0 | - A |  |   |  |
|-----|---|-----|--|-------|-----|--|---|--|
|     | - |     |  |       |     |  | - |  |

Wellness Fitness Log

| Week of:  | Amt. of time        | Time of day | Activity      | Daily total |
|-----------|---------------------|-------------|---------------|-------------|
|           | (30 minute minimum) |             |               |             |
| Sunday    |                     |             |               |             |
|           |                     |             |               |             |
|           |                     |             |               |             |
| Monday    |                     |             |               |             |
|           |                     |             |               |             |
|           |                     |             |               |             |
| Tuesday   |                     |             |               |             |
|           |                     |             |               |             |
|           |                     |             |               |             |
| Wednesday |                     |             |               |             |
|           |                     |             |               |             |
|           |                     |             |               |             |
| Thursday  |                     |             |               |             |
|           |                     |             |               |             |
|           |                     |             |               |             |
| Friday    |                     |             |               |             |
|           |                     |             |               |             |
|           |                     |             |               |             |
| Saturday  |                     |             |               |             |
|           |                     |             |               |             |
|           |                     |             |               |             |
|           |                     |             | Weekly Total: |             |